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disorders by hydrotherapy. It is not confined to any school—the use in homœopathy and allopathy finds here common ground, there being apparently one best way for all, which way one must read the book to know.

FOOD AND COOKERY FOR THE SICK AND CONVALESCENT. By Fannie Merritt Farmer, Principal of Miss Farmer's School of Cookery, and Author of "The Boston Cooking-School Cook Book," and "Chafing-dish Possibilities." Price \$1.50 net. Little, Brown & Company, Boston.

A new issue of Miss Farmer's well-known and widely appreciated cook-book appears among the autumn books. While it does not claim to teach dietetics, it does so to a certain extent, although its chief mission is to teach the proper preparation of food for all stages of human necessity, from infancy to old age—making for the prevention of disease and the maintenance of sound healthy bodies. As in its first edition, this book does not go into the study of physiology or the chemistry of food further than to briefly indicate the relation of food to the human body and the essential elements to be supplied for proper balance of the processes of assimilation of nourishment and the excretion of waste matter. The book adheres rather strictly to its title and is beyond all doubt the best cook-book of the many that are offered in the field of invalid cookery.